

Neufchatel Cheese



TEXAS AGRICULTURAL EXTENSION SERVICE
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Neufchatel Cheese

EXTENSION FOODS AND NUTRITION SPECIALISTS

EXTENSION DAIRY SPECIALIST

Texas A&M University

NEUFSCHATEL CHEESE is smooth and creamy. It is easy to make and can be served in many attractive ways the same day it is made, if desired. It is a good source of protein for muscle building, calcium and phosphorus for bones and teeth, riboflavin for well being and vitamin A for the eyes. It is made from fresh, clean, sweet, whole milk. One gallon of whole milk makes about $1\frac{1}{2}$ pounds of Neufchatel cheese.

Equipment

| | |
|---|---|
| 1 dairy thermometer | 1 mixing spoon |
| 1 dish pan | 3 cup towels |
| 1 pan that holds about 1 $\frac{1}{4}$ gallons | 1 thin cup towel or 1 yard of cheese cloth |
| 1 measuring cup | 8 snap clothespins |
| 1 small strainer | Colander and weight |
| Measuring spoons | 1 mixing bowl |

Making Neufchatel Cheese

| | |
|---|--|
| 1 gallon fresh, clean whole milk | 1/10 to $\frac{1}{8}$ rennet or $\frac{1}{4}$ junket tablet |
| $\frac{1}{2}$ cup good firm clabber or cultured buttermilk | $\frac{1}{2}$ cup cold water |
| | 1 $\frac{1}{2}$ teaspoons salt |

Pour one gallon fresh, clean whole milk into a pan. Cool or warm the milk to 78° F. by setting the container in a larger pan of water. Use a dairy thermometer to determine when milk is 78° F.

Measure $\frac{1}{2}$ cup good, firm clabber and pour through a strainer into the milk or add $\frac{1}{2}$ cup cultured buttermilk. Stir until thoroughly mixed.

Dissolve 1/10 to 1/8 rennet tablet or 1/4 junket tablet in 1/2 cup cold water. Pour this slowly into the milk and mix well. The use of rennet helps prevent the loss of the cream.

Keep the milk as near as possible to 78° F. for 12 to 14 hours. At this time, 1/4-inch of clear sour whey should appear on top of the milk or just under the cream line. If there is no clear whey, the milk is not acid enough, and the curd is not ready to drain. Keep at 78° F. until the whey is visible.

Place a cloth or sack on a colander or other container holding in place with snap clothespin. Pour the curd into the sack or cloth to drain. Work the dried curd to the center with a spoon so it will drain faster.

If curd is very sour when it begins to drain, mix about 1 teaspoon salt with it. Cold water may be poured over curd to help keep it from being too acid. If the curd is chilled with ice as it drains, it will not need to be pressed so long.

After the free whey is drained off, fold the cloth over the cheese and press. Press cheese until most of the whey is pressed out. Place pressed cheese in mixing bowl; add about 1 1/2 teaspoons salt and mix well.

The cheese is now ready to use. Keep cheese in the refrigerator.

Making Cream Cheese

Cream cheese has more cream in it than Neufchatel cheese. Use 3 1/2 quarts of whole milk and 1 pint of whipping cream. Follow the same procedure as for Neufchatel cheese. Chill the cheese with ice as it drains to prevent the loss of too much cream.

Uses for Neufchatel or Cream

Neufchatel, homemade cream cheese and commercially made cream cheese may be used interchangeably in all the following recipes.

APPETIZERS, SNACKS AND DIPS

NUT-CHEESE BALLS

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|---|--------------------------------------|
| $\frac{1}{2}$ cup Neufchatel or $\frac{1}{2}$ 8-oz. package cream cheese | 1 tablespoon cream Chopped Pecans |
| 2 tablespoons mayonnaise | |

Mix all ingredients together and shape into small balls. Roll in finely chopped pecans. Serve on toothpicks.

STUFFED CELERY

| | |
|---|---------|
| 2 tablespoons chopped pimiento | Paprika |
| $\frac{1}{2}$ cup Neufchatel or $\frac{1}{2}$ 8-oz. package cream cheese | Celery |

Mix chopped pimientos and cheese. Stuff celery stalks. Sprinkle with paprika.

A TRAY OF CHEESE APPETIZERS

Spread potato chips with Neufchatel or cream cheese.

Fill pitted dates with Neufchatel or cream cheese.

Spread one slice of dried beef with Neufchatel or cream cheese. Roll as tightly as possible. Spread another slice of dried beef in the same way and roll on the first one. Chill and slice if desired.



Put two pecan halves together with Neufchatel or cream cheese.

Arrange appetizers on trays, platter or other serving dish. Serve with tea, coffee or fruit punch.

FRESH GRAPEFRUIT DIP

| | |
|---|--------------------------------------|
| $\frac{1}{2}$ cup Neufchatel or $\frac{1}{2}$ 8-oz. package cream cheese | $1\frac{1}{2}$ teaspoons lemon juice |
| 8 drops tabasco sauce | $\frac{1}{2}$ grapefruit |
| $\frac{1}{2}$ teaspoon Worcestershire sauce | Paprika |
| | Chopped parsley |

Mix cheese, seasoning and lemon juice until fluffy. Remove grapefruit sections; cut into small pieces. Add fruit and juice to cheese mixture. Spoon into grapefruit shell. Garnish with paprika and parsley. Place in center of dish. Arrange apple wedges, flowerettes of cauliflower and sticks of celery and carrots around cheese dip. Approximate yield, $\frac{3}{4}$ cup.

ZIPPY DIP

| | |
|--|------------------------------------|
| $\frac{3}{4}$ cup Neufchatel or 2 3-oz. packages cream cheese | 1 teaspoon Worcestershire sauce |
| 1 teaspoon horseradish | 5 drops hot sauce |
| $\frac{1}{2}$ teaspoon prepared mustard | 2 tablespoons pickle relish |
| | 3 tablespoons chili sauce |

Mix all ingredients together until creamy. Place in bowl and serve with an assortment of dippers; such as, crisp crackers, potato chips, corn chips, pretzels, cauliflower buds, cucumber fingers, celery sticks or cooked shrimp. Approximate yield, 1 cup.

CHEESE DIP

| | |
|---|--------------------|
| 1 1-ounce package sharp cheese | 1 cup mayonnaise |
| 1 5-ounce jar or $\frac{1}{2}$ cup pimiento cheese | Juice of 1 lemon |
| 1 cup Neufchatel cheese or | Salt |
| 1 8-ounce package cream cheese | Pepper |
| 2 cloves garlic, finely minced | Dash of red pepper |

Combine sharp, pimienta and Neufchatel or cream cheese. Add finely minced garlic and remainder of ingredients to cheese mixture. Serve with crackers, potato chips or corn chips. Approximate yield, 2½ cups.

AVOCADO-CHEESE DUNK

| | |
|--|-------------------------|
| 1 avocado (medium size) | ¼ teaspoon salt |
| ¾ cup Neufchatel or 2 3-oz. packages cream cheese | 2 tablespoons milk |
| 1 tablespoon lemon juice | 1 teaspoon grated onion |

Pare, pit and mash avocado. Add cheese that is at room temperature and remainder of ingredients to avocado. Mix well. Serve with crackers, cucumber, celery or carrot sticks, potato chips or corn chips. Approximate yield, 1½ cups.

DESSERTS

SUPREME CHEESE CAKE

| | |
|--------------------------------------|---|
| 12 zwieback | ¼ teaspoon salt |
| 2 tablespoons butter or margarine | 2 cups Neufchatel or 2 8-oz. packages cream cheese |
| 2 tablespoons sugar | 1 teaspoon vanilla |
| ½ cup sugar | 4 eggs |
| 2 tablespoons flour | 1 cup coffee cream |

Roll the zwieback into crumbs; blend with the butter or margarine and 2 tablespoons of sugar, and press onto the bottom of a 9-inch spring pan. Blend the ½ cup of sugar with the flour, salt and the cream cheese softened at room temperature. Add the vanilla. Add the egg yolks, one at a time, mixing well after each yolk is added. Add the cream and blend thoroughly. Fold in the stiffly beaten egg whites, and pour the mixture on top of the crumbs. Bake in a moderate oven, 325° F., for 1 hour, or until "set" in the center. Cool before removing the rim of the pan. Do not invert. Serves 8 to 10.

REFRIGERATOR CHEESE CAKE

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|---|---|
| $\frac{1}{2}$ cup melted butter or margarine | 3 eggs, separated |
| $\frac{3}{4}$ cup sugar | 2 cups Neufchatel or 2 8-oz. packages cream cheese |
| 2 cups fine zwieback crumbs or bread crumbs | 3 tablespoons lemon juice |
| 2 teaspoons cinnamon | 1 tablespoon grated lemon rind |
| 2 tablespoons gelatin | $\frac{1}{4}$ teaspoon salt |
| 1 cup cold water | $\frac{1}{2}$ cup whipping cream |

Blend butter or margarine, $\frac{1}{4}$ cup sugar, crumbs and cinnamon. Press $\frac{3}{4}$ of this mixture on bottom and sides of a 9-inch spring form pan or angel food pan. Soften gelatin in $\frac{1}{2}$ cup cold water 5 minutes. Cook egg yolk, $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ cup water in a double boiler, stirring constantly, until mixture coats spoon. Add gelatin and stir until dissolved. Add gradually to cream cheese, add lemon juice, rind and salt; beat several minutes with egg beater. Whip cream and fold in with stiffly beaten egg whites. Blend well. Pour onto crumbs. Sprinkle remaining crumbs on top. Chill until firm. Serves 8 to 10.

PINEAPPLE CREAM CHEESE PIE

| | |
|---|----------------------------------|
| $\frac{1}{3}$ cup sugar | 2 eggs |
| 1 tablespoon cornstarch | $\frac{1}{2}$ cup milk |
| 1 9-ounce can crushed pineapple (not drained) | $\frac{1}{2}$ teaspoon vanilla |
| 1 cup Neufchatel or 1 8-oz. package cream cheese | 1 9-inch unbaked pastry shell |
| $\frac{1}{2}$ cup sugar | $\frac{1}{4}$ cup chopped pecans |
| 1 teaspoon salt | |

Blend the $\frac{1}{3}$ cup of sugar with the cornstarch and add the pineapple. Cook, stirring constantly, until the mixture is thick and clear. Cool. Blend cream cheese, softened at room temperature, with $\frac{1}{2}$ cup of sugar and salt. Add eggs, one at a time, stirring well after each egg is added. Blend in milk and vanilla. Spread cooled pineapple mixture over the bottom of the unbaked pastry shell. Pour in the cream cheese mixture and

sprinkle with chopped pecans. Bake at 400° F., 10 minutes. Reduce heat to 325° F. and bake for an additional 50 minutes. Cool before serving.

FILLING FOR GINGERBREAD

| | |
|--|---------------------|
| $\frac{3}{4}$ cup Neufchatel or 2 3-oz. packages cream cheese | 1 cup nuts Cream |
| 1 teaspoon salt | |

Soften cheese with cream until it spreads easily. Add nuts and salt and mix well. Split open one sheet of hot gingerbread. Spread cheese on lower half. Replace top part and press down lightly.

CHOCOLATE CREAM CHEESE FUDGE

| | |
|---|--|
| $\frac{1}{3}$ cup Neufchatel or 1 3-oz. package cream cheese | $\frac{1}{4}$ teaspoon vanilla Dash of salt |
| 2 cups sifted confectioners' sugar | $\frac{1}{2}$ cup chopped pecans |
| 2 1-oz. squares unsweetened chocolate, melted | |

Place cream cheese in a bowl and cream until soft and smooth. Slowly blend in sugar. Add melted chocolate. Mix well. Add vanilla, salt and chopped pecans and mix until well blended. Press into a well-greased shallow pan. Place in refrigerator until firm, about 15 minutes. Cut into squares. For slightly softer fudge, blend in 1 teaspoon of cream.

CREAM CHEESE FROSTING

| | |
|---|---|
| $\frac{1}{3}$ cup Neufchatel or 1 3-oz. package cream cheese | 1 teaspoon orange juice |
| 2 cups confectioners' sugar | $\frac{1}{2}$ teaspoon grated orange rind |

Blend cream cheese and sifted sugar. Add the orange juice and grated rind, and blend again. Spread on cake.

SALADS

CHEESE WITH FRUIT SALAD

Soften Neufchatel or cream cheese with a little cream, milk or salad dressing. Fill the hollow of peaches, pears or apricots. A few nuts may be sprinkled on top of the cheese. Serve on lettuce leaves or other salad greens.

STUFFED PEPPER SALAD

Soften Neufchatel or cream cheese with a little cream, milk or salad dressing. Cut top from green pepper, remove seeds and stuff with cheese. Chill and slice. Serve on lettuce leaves or other salad greens.

FROZEN SALAD

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|---|---------------------|
| $\frac{1}{2}$ cup Neufchatel or $\frac{1}{2}$ 8-oz. package cream cheese | 1 cup whipped cream |
| $\frac{1}{3}$ cup salad dressing | 1 cup mixed fruit |

Drain juice from fruit and combine with cheese, dressing and cream. Freeze. Slice and serve on salad greens.

APRICOT CHEESE SALAD

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|-------------------------------------|---|
| 1 package lemon-flavored gelatin | 2 cups boiling water |
| 2 cups cooked dried apricots | 1 cup Neufchatel or 1 8-oz. package cream cheese |

Dissolve gelatin in water. Cool until it begins to thicken. Add apricots. Pour half into mold; allow to harden. Spread cheese on hardened gelatin. Pour rest of gelatin mixture over cheese. Chill. Cut in squares; serve on salad greens with fruit dressing.

SALAD DRESSING

NEUFCHATEL CHEESE MAYONNAISE

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|---|---------------------------------------|
| 3 tablespoons Neufchatel or cream cheese | 2 tablespoons chopped sweet pickle |
| $\frac{1}{2}$ cup mayonnaise | 1 teaspoon chopped parsley |

Blend together cheese, mayonnaise, chopped sweet pickle and parsley. Chill and serve on crisp lettuce or other salad greens. Makes 1 cup dressing.

SANDWICHES

FILLINGS FOR SANDWICHES

Mix 1 tablespoon pimientos with $\frac{1}{2}$ cup Neufchatel or cream cheese. Add 2 tablespoons cream, if desired.

Mix chowchow, dill pickles, chili sauce or other pickle mixture with Neufchatel or cream cheese.

Mix 1 tablespoon olives and 1 tablespoon nuts with $\frac{1}{2}$ cup Neufchatel or cream cheese.

Mix 1 teaspoon anchovy paste with $\frac{1}{2}$ cup Neufchatel or cream cheese.

Mix 1 teaspoon chopped onion and $1\frac{1}{2}$ teaspoons chopped green pepper with 1 cup Neufchatel or cream cheese.

Mix 1 cup Neufchatel or cream cheese with 2 tablespoons honey.

PIQUANT SPREAD

$\frac{1}{3}$ cup Neufchatel or 1 3-oz.
package cream cheese
3 tablespoons chopped
cooked ham

1 tablespoon mayonnaise
Dash of celery salt
Few drops of onion juice

Blend all the ingredients together. Spread on toast or crisp crackers.

FRUIT SANDWICHES

$\frac{1}{2}$ cup steamed raisins or
prunes

$\frac{1}{3}$ cup Neufchatel or 1 3-oz.
package cream cheese

$\frac{1}{2}$ teaspoon grated orange
rind

3 tablespoons orange juice

Mash raisins or prunes; blend with cream cheese and orange rind; add orange juice; whip until light and fluffy. Spread between slices of whole wheat bread.

FROSTED SANDWICH LOAF

| | |
|--|---|
| 2¼ cups Neufchatel or 6 3-oz. packages cream cheese | 3 tablespoons ground cooked ham or deviled ham |
| 2 tablespoons chopped pimiento | 1 loaf day-old sandwich bread (unsliced) |
| 1 tablespoon chopped onion | Cream or milk |
| 1 tablespoon chopped green pepper | |

Remove crust from loaf of bread. Slice into 4 lengthwise slices. Prepare the following fillings:

Pimiento Cheese Filling: Combine 6 tablespoons cheese or 1 package of cream cheese with pimiento. Add milk or cream and blend to spreading consistency.

Green Pepper-Onion Cheese Filling: Combine 6 tablespoons cheese or 1 package cream cheese with onion and green pepper. Add milk or cream and blend to spreading consistency.

Ham Cheese Filling: Combine 6 tablespoons cheese or 1 package cream cheese and ground or deviled ham. Add milk or cream and blend to spreading consistency.

Spread three slices of bread with the three fillings. Stack and top with fourth slice. Place on serving tray (place waxed paper under edges). Mix 3 packages cream cheese or 1½ cups Neufchatel cheese with milk or cream and blend to spreading consistency. Frost the sides of the loaf, then frost the top. Remove waxed paper. Chill for 1 hour or more in refrigerator. Garnish as desired. Slice and serve.